

POLAR PRESS

December 2005

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Upcoming Events

The club is winding down heading into the Christmas season. Here are some dates which you should make a note of.

December 16th - **Family Swim** This is the last swim before the new year, except for Silver and Gold.

December 21st - Last practice before Christmas for Gold

December 28th and 30th - Gold and Silver Squad practice - 8 am to 11 am

January 2nd - Gold Squad practice resumes

January 4th - all other squad practices resume

If you have any questions about this, don't hesitate to contact our head coach, Ian Legaree, at ian@ykpbsc.nt.ca or else phone 920-4290 (home)

In January we once more have a guest coach coming up to offer a camp for some of our squads.

Special Swim Camp - Jamie Connors and Pam Robinson (Calgary Patriots)

Sponsored by Canadian North Airlines

Schedule

Friday, January 20

- 4:00 to 6:30 p.m.

Saturday, January 21

- 6:00 to 9:00 a.m. (full pool)
- 9:00 to 10:00 a.m. (partial pool)
- 4:30 to 6:30 p.m. (full pool)

Sunday, January 22

- 9:00 am to 12 noon

Time Trial Results

We had a great time trial weekend at the end of November with some VERY impressive results!

In the Friday trials, **Robyn Anderson** took 5.43 s off her time in the 50 m back.



Rachel Bernard took 8.92 seconds off her PB in the 100 IM. **Iain Brooks** took

6.36 s off in the 100 free. **Bronson Dolynny** cut 5.43 s off in the 50 free. **Paige Elkin** took 8.83 s off her 100 m free swim. **Shaylene Greenwood** cut 9.64 s from her 50 free. **Jessica Guigon** trimmed 6.67 from her 50 free. **David Ivens** whacked 10.61 from his 25 back, while **Lena Ivens** went a step better with 10.78 chopped off her 25 free. **Joey Lafreniere** demolished his old time in the 100 back by 30.41 s as well as trimming his 100 breast back by 7.82 s. **Robby Lafreniere** shaved 4.85 s from his 100 IM time. **Danielle Patzer** cut her PB in the 25 free by 5.03 s, while **Jessica Sanders** beat her old PB by 25.88 s. Wow! **Dawson Stone** chopped 9.32 s and 10.71 s respectively from his 100 breast and 200 breast. **Tray Talbot** went one further with 15.67 s off his 50 backstroke. **Isaac Wideman** outdid his previous best by 8.33 seconds in the 50 free, while **Alanna Williams** cut 9.56 s from her 100 backstroke. Well done!

On Saturday, the Cubs, Bronze, Silver and Gold squads took to the pool. **Axelle Kearnan** set a **new club record** of **32.95 s** in the 50 m fly; an decrease of 2.61 s from her old pb. Way to go, Axelle! Some huge improvements were made to swimmers' pbs in the longer events. **Jenny Aitkin** demolished her old pb by taking 55.88 s off in the 1500 m free, as well as 15.25 s off in the 400 free.



Casey Anderson was sharp as well, cutting his pb in the 100 back by 23.45 s, while **Noah Colford** took 54.77 s off his 400 free pb.



Colin Doig shaved 8.22 s off his 50 fly time and **Tanner Dolynny** was sharp in cutting 8.50 seconds from his 100 m back. **Alex Duong** looked good in taking 9.61 s off his 100 m breast. **Katherine Elkin** took 17.21 s off her 800 m free swim. **Diana Gibson** was also doing well. She took 9.31 s off her pb in the 100 m back. **Sean Kearnan** saw big decreases in three of his pb: he took 31.69 s off his 400 free, 14.56 off his 100 back, and 11.17 off his 200 IM. **Courtney Northrup** cut back her pb in the 800 free by 27.46 s and **Brittany Pelzer** took 12.25 s off her 50 fly pb. **Kelsey Richinger** trimmed 41.45 s off her 200 free swim, while **Brittany Wade** took 36.23 s from her 400 free. Well done swimmers!

JP Fiset Results

The JP Fiset Swim Meet took place in Edmonton from Friday, December 2nd to Sunday, December 4th.



Seventeen swimmers from the club went down and did very well. Some notable moments include:

Axelle Kearnan set two new club records in the 15 - 17 Female category with a time of 36.85 in the 50 meter breaststroke and a time of 1:22:97 in the 100 meter breaststroke. **Way to go, Axelle!**



In addition, **Jenny Aitkin** had a personal best 11:02:63S in the 800 free.

Stephanie Bourgeois took off 26.64 s in the 400 free, **Rebecca Canam** axed 13.87 s from her 400 IM time, **Tanner Dolyunny** took 15.58s off his 400 free pb and **Diana Gibson** trimmed 15.65 s from her 400 IM.



Not to be outdone, **Sean Kearnan** took 35.52 s off his 200 free time, and **Sean Legaree** took 23.16 s off his 200 m breaststroke. **Natalie Murphy** was great, taking 23.84 s off her 200 m breaststroke, **Courtney Northrup** was close behind, shaving 20.74 s from her 100 m backstroke. **Brittany Wade** took off 21.82 seconds from her 200 free swim, and **Gillian Waugh** trimmed 11.06 seconds from her 200 m breaststroke. **Way to go all of you!**



Grande Prairie Meet

Entries are now closed for the Grande Prairie Meet, which is taking place this year from February 2nd to February 6th. Look for more information coming up in next months newsletter.

Silly Stuff

Q: Why did the teacher jump into the water?

A: She wanted to test it first!

Q: (for Coach Tina) What kind of dive are army men best at?

A: The *cannon-ball*.

Our Sponsors

Do you ever wonder who in the corporate community helps our club? Well, wonder no more! If you look on the next pages, you will see the logos of the many businesses here in Yellowknife which support our club. From large, such as Canadian North Airlines, to small, such as Lake Awry Cap and Crest, the support of these businesses is important to the club. If you, your family, or friends use these businesses, don't forget to say, "Thanks for your help!".

Lastly, on behalf of all the coaches and board members at the YKPBCS, we would like to wish you all a very happy holiday season and a merry new year!

Yellowknife Polar Bear Swim Club Sponsors

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